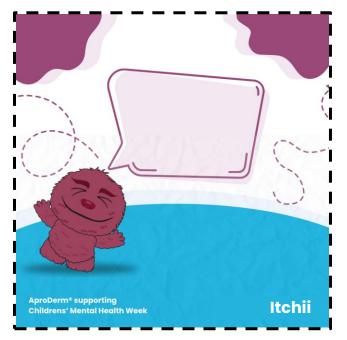
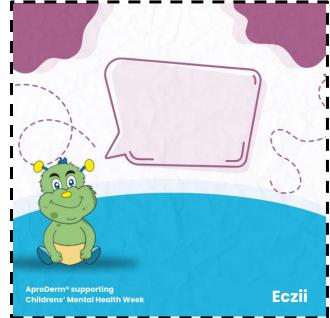


Instructions:

- 1. With an adult, use scissors to cut around the dotted lines
- 2. If you want, you can laminate the affirmations to make them last longer!
- Use blu tack to put the affirmations around your house to remind yourself how amazing you are
- 4. Repeat the affirmations daily











Instructions:

- Write out your own affirmations in the speech bubbles, use the page before as inspiration!
- 2. With an adult, use scissors to cut around the dotted lines
- 3. If you want, you can laminate the affirmations to make them last longer!
- 4. Use blu tack to put the affirmations around your house to remind yourself how amazing you are
- 5. Repeat the affirmations daily